



MAMA's

NEIGHBORHOOD

a Strong Start for Families

*Free, Quality Healthcare and Support Program
for Pregnant and New Moms*

Prenatal and Maternity

services program partnering with

mothers and communities

to give families a strong start in life.

MAMA's Neighborhood provides you with **free, quality healthcare** and support while you're pregnant and after you have your baby.

A **Care Coordinator** will work closely with you and your medical team of **doctors and midwives**.

Your **Care Coordinator** will help you find and connect to **support services** you want during your pregnancy and after you have the baby.

Your MAMA's Neighborhood:

- pregnancy and childbirth education
- stress reduction
- WIC and other food services
- housing assistance
- breastfeeding education and support
- baby care and parenting classes
- childhood education resources
- substance use treatment

It's your **network of care!**

844-37-MAMAS

CALL
(no cost)

8:00AM-4:30PM
Monday-Friday

EMAIL

mamas@dhs.lacounty.gov